

**Unit 7 Layered Curriculum Guide**  
**Chapter 17, 19 and 20**  
**Health**

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Essential Question: In what ways will the choices you make today determine your future health and well-being?

**C-Layer Choose from the following and earn 65 points max**

- \_\_\_\_\_ Two Day Diet Diary- and make a chart of the foods you eat and are lacking (10 points)
- \_\_\_\_\_ Nutrient Discussion, take notes and Basic Nutrient Match (10 points)
- \_\_\_\_\_ mypyramid.gov research activity (15 points)
- \_\_\_\_\_ Calorie Game (5 points)
- \_\_\_\_\_ Vocabulary of chapters 17, 19 and 20 (10 points)
- \_\_\_\_\_ Write a newspaper article explaining what good nutrition is, the recommended food one should eat, and the effects of eating nutritionally. (10 points)
- \_\_\_\_\_ Diet Related Illnesses (10 points)
- \_\_\_\_\_ Watch the Super Size Me video and take notes on 10 interesting facts (10 points)
- \_\_\_\_\_ Watch the eating disorders video and take notes (5 points)
- \_\_\_\_\_ Chapter 20 Life Management Skills worksheet (5 points)

**B- Layer Choose one of the following to earn 15 maximum points**

Presentation in video, multimedia, powerpoint:

- \_\_\_\_\_ What is the most healthy restaurant in the Pinckney area? Explain why it is the most healthy restaurant. It is important to do some research for this question, whether you search the menus on the internet or go restaurant to restaurant to ask questions about their menus.
- \_\_\_\_\_ What are the long-term effects of the elderly who have been lacking nutrients over a short term or an extended amount of time?
- \_\_\_\_\_ What are positive and negative effects on the body of supplement loading for muscle gain?
- \_\_\_\_\_ What is worse butter, margarine
- \_\_\_\_\_ What is so bad about artificial sweeteners?
- \_\_\_\_\_ What is worse, Diet or Regular soda?
- \_\_\_\_\_ Water, vitamin formulated water, fountain water or flavored water, what is best.
- \_\_\_\_\_ Can diet be related to mental disorders other than eating disorders?

**A-Layer Choose one of the following to earn 20 maximum points**

Be sure to complete research and support you opinion of the statement with research.

- \_\_\_\_\_ Dieting is good for your health.
- \_\_\_\_\_ "An apple a day keeps the doctor away"
- \_\_\_\_\_ Nutritional health is a long-term lifestyle.

Modified from Source: <http://www.help4teachers.com/LeanneHealthyEating.html>